

SPANISH INFLUENZA

Spanish influenza is so prevalent around the army camps and in the larger cities that precautionary steps are being taken all over the country against its spread. Fortunately we have so far escaped but it may come at any time and we should be prepared to offset it and prevent its getting into the schools in Burns.

The Times-Herald noted the following in a Portland paper respecting this dreaded disease, it being a copy of a bulletin issued by a railroad physician to the employees of the road he represented. It might be a good thing to have around in case of symptoms appearing. It follows:

Origin—The sources of infection are the secretions of the nose, throat and respiratory passages, which are thrown in the air by coughing, sneezing, etc. The disease is universal and spreads by direct contact or indirectly through the use of handkerchiefs, towels, cups or other contaminated objects.

Protection and prevention—Avoid crowds and assemblages and individuals or groups afflicted.

Keep the bodily functions in perfect condition and the general health up to normal standards.

Exposure to fresh air and sunlight. Avoid ill-ventilated quarters.

Exercise in the open air.

The use of mild antiseptics as a mouth wash, such as common salt in solution (half a teaspoonful to a pint

of water for the mouth and nostrils or oily spray for the nostrils).

Treatment—The afflicted individual should go to bed at once and stay there several days, or until the temperature is normal and a feeling of comfort restored.

A mild laxative should be taken, such as calomel, followed by salts; moderate doses of quinine, salol or aspirin, under doctors' orders.

The greatest care should be taken to avoid chills afterwards by being warmly clad. This prevents pulmonary complications, which are serious.

All other precautionary measures should be observed, such as the avoidance of promiscuous coughing, sneezing, spitting, etc., which disseminates the infection.

Gause masks can be used to great advantage.

Cure—There is no specific cure for the disease and no effective means of preventing its spread, but precautionary measures cannot be too widely practiced.

LIBRARY CLUB MEETS

The initial meeting for this year of the Ladies' Library Club of Burns was held last Saturday at the home of Mrs. Ben Brown. Names of several prospective members were introduced for consideration by the club and after the usual business a short program followed by songs from a quartet of high school girls was enjoyed by all. Dainty refreshments were served.

RECOGNIZE VALUE OF WHEAT

Shortage Has Shown Us the Wonderful and Unique Qualities Contained in the Grain.

As absence makes the heart grow fonder, so does scarcity of wheat invite attention to its wonderful and unique qualities as food. We have been eating wheat products all these years as a matter of course, and it never occurred to us that we might ever be called on to go without them. Now that it is necessary to use wheat substitutes, we have discovered that useful as they are there is nothing that really takes the place of wheat flour.

The magic of the wheat lies in its gluten—what the baker refers to as the "binder." He must have a certain proportion of wheat flour to furnish the binder, or his oatmeal bread or his rice pastry crumbles. The substitutes have the same nourishment as the wheat. But they lack the quality of the wheat flour crust. There is nothing in them to imprison the gases liberated by yeast, and so they refuse to rise like wheat dough. Bread made of the substitutes is heavy and soggy unless there is enough wheat dough mixed in to give it life.

Without wheat we go without bread, without cake, without pie, without strawberry shortcake. No affection for corn pone can make it a substitute for all these stand-bys of the table. If it is necessary for the sake of the war, we shall cheerfully go without. Any deprivation we may feel is as nothing to what our associates in arms already have undergone. But we shall look forward to the happy days when there will be an abundance of wheat once more.—Kansas City Star.

RECORD BELONGS TO SIRIUS

Small Vessel Was the First to Cross the Atlantic Wholly Under Its Own Steam.

This spring marks the eightieth anniversary of an important event in modern history—the voyage from Cork to New York of the Sirius, the first vessel to cross the Atlantic wholly under its own steam. All that remains of that stanch little craft is a number of brass paper-weights made from the metal work after it was wrecked in Ballycotton bay in 1847. Captain Roberts, commander of the 412-ton Sirius on its maiden trip, was later transferred to the President, which went down with all on board. Thus both the Sirius and her master met with a tragic end.

The Sirius made the voyage from Cork in 19 days, reaching New York only a few hours before the Great Western, another steamship which had sailed from Bristol. The latter made the best time, crossing the ocean in 15 days. The Sirius had a passenger list of seven on its initial voyage, the youngest of whom was Vincent E. Ransome, then four years old, who was reported living a few years ago in Wiltshire, England, where he was long the rector of a parish church.

The Sirius was a schooner-rigged ship and was 178 feet over all, with a beam of 25 feet and a depth of 18 feet.

Electricity on the Farm.

It is apparent from the fact that 200,000 horse power in electric motors is now actually being used on the farm that the phrase "Electricity on the Farm" does not constitute an idle dream any longer, remarks the General Electric Review. Although 100,000 horse power of this is used for irrigation and reclamation purposes (a peculiarity of semiarid sections), the remainder, or 40,000 horse power, is actually being used for miscellaneous farm purposes, such as driving the cream separator, butter churn, and so on. The only thing that we are not doing with electricity on any scale is plowing and cultivating, and this now bids fair to be a commercial reality in the very near future.—Scientific American.

London's Tea Houses.

The death of Sir Joseph Lyons reminds us what a modern institution the teashop is. You need not be very old to remember the time when practically the only places where a cup of tea could be obtained in London were the old-fashioned coffee houses, with their boxed-in compartments and narrow, uncomfortable seats.

The customers were exclusively men, and if a woman required light refreshment she had to search for a confectioner's shop, where tea and coffee were sometimes grudgingly served, at famine prices, at little round marble tables tucked away in dark corners.—London Chronicle.

Used Stamps Valueless.

The Red Cross wishes to make it known, as widely as possible, that the report that used postage stamps have any value through the extraction of the dyes contained in them is absolutely false. This false report has already resulted in the receipt by the post office department of many stamps collected by misguided patriots who sought thus to do something to help win the war.—The Outlook.

Boy's Remark Got Results.

Bob had been downtown with his mother shopping and was tired when they boarded a homeward bound street car. Every seat was occupied. After a few minutes' silent survey Bob leaned up against his mother with a tired sigh and said: "Well, mother, I guess this is senseless day for us." Even newspaper camouflage couldn't resist this. Several seats were quickly vacated.

NOTICE OF SCHOOL MEETING

NOTICE IS HEREBY GIVEN To the legal voters of School District No. 1 of Harney County, State of Oregon, that a SCHOOL MEETING of said District will be held at Public School Building, on the 26th day of October 1918, at 2 o'clock in the afternoon to vote on the proposition of levying a special district tax.

The total amount of money needed by the district during the fiscal year beginning on June 30, 1918, and ending on June 30, 1919, is estimated in the following budget and includes the amounts to be received from the county school fund, state school fund, special district tax, and all other moneys of the district:

BUDGET

Estimated Expenditures	
Teachers' salaries.....	\$7980.00
Salary Teacher of music and art with supplies.....	712.50
Furniture.....	200.00
Apparatus and supplies, such as maps, chalk, erasers, stoves, curtains, etc.....	150.00
Repairs of schoolhouses, out buildings or fences.....	500.00
Legal Services.....	50.00
Engineer's Supplies.....	25.00
Janitor's wages.....	700.00
Janitor's supplies.....	10.00
Engineer's wages.....	802.00
Fuel.....	1100.00
Light.....	50.00
Gas and oil.....	75.00
Clerks' salary.....	200.00
Postage and stationery.....	50.00
Eighth grade examination.....	4.00
Interest on bonded debt.....	1970.00
Interest on school warrants.....	1700.00
Insurance Premiums.....	405.00
Express on Films and slides.....	13.30

Total estimated amount of money to be expended for all purposes during the year.....\$16,696.80

Estimated Receipts
From county school fund during the coming school year.....2927.20
From state school fund during the coming year.....661.30
Cash now in the hands of the district clerk.....3.93

Total estimated receipts, not including the money to be received from the tax which it is proposed to vote.....\$3592.43

Recapitulation
Total estimated expenses for the year.....\$16,696.80
Total estimated receipts, not including the tax to be voted.....3,592.43

Balance, amount to be raised by district tax to be voted.....\$13,104.37

The amount of money to be raised by this special tax is more than the amount raised by special school district tax in the year immediately preceding this, plus six per cent. It is necessary to raise this additional amount by special levy for the following reasons: Increase of teachers salaries and increased cost of all lines of fuel, labor and supplies.

Dated this 28th day of September, 1918.

J. L. GAULT
HENRY DALTON
SAM MOTHERSHEAD
Board of Directors School Dist. No. 1.

Buy a Liberty Bond.

GRAZING LAND FOR SALE

The Oregon & Western Colonization Company has 576,000 acres of grazing land in the vicinity of Buck Mountain, in what is known as the Twelve Mile Buck Creek and Silver Creek districts. This same Company also has between the North and West boundaries of Harney Valley and the National Forest approximately 12,800 acres of grazing land. These lands can be purchased at a reasonable price and on very easy terms. Small sales given consideration and large sales solicited. These lands are especially adapted for sheep grazing. For particulars, call on or write E. F. Johnson, Prineville, Oregon.

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DON'T MISS THIS. Cut out this slip, enclose with 5c to Foley & Co., 2335 Sheffield Ave., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound, for coughs, colds and croup, Foley Kidney Pills and Foley Cathartic Tablets—Sold by Read Bros.

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